

**UNIFIED TREATMENT SCENARIO FOR ADDRESSING MENTAL HEALTH CONDITIONS AMONG YOUTH IN DC**  
*Draft – October 3, 2022*

**ICD-10 codes for anxiety, PTSD, depression, gender dysphoria, ADHD, and conduct disorders**

<b>CONDITION</b>	<b>ICD-10 CODE</b>	<b>CODE DESCRIPTION</b>
<b>Anxiety</b>	F40.10	Social Phobia
	F41.0	Panic Disorder [Episodic Paroxysmal Anxiety]
	F41.1	Generalized Anxiety Disorder
	F41.8	Other Specified Anxiety Disorders
	F41.9	Anxiety Disorder, Unspecified
	F42.9	Obsessive-compulsive Disorder
	F43.20	Adjustment Disorder, Unspecified
	F43.21	Adjustment Disorder with Depressed Mood
	F43.22	Adjustment Disorder with Anxiety
	F43.23	Adjustment Disorder with Mixed Anxiety and Depressed Mood
	F43.25	Adjustment Disorder with Mixed Disturbance of Emotions and Conduct
	F43.9	Reaction to Severe Stress
	F93.0	Separation Anxiety Disorder of Childhood
	F94.0	Selective Mutism
<b>PTSD</b>	F43.10	Post-traumatic Stress Disorder
<b>Gender Dysphoria</b>	F64.0	Gender Dysphoria in Adolescence or Adulthood
	F64.2	Gender Dysphoria in Childhood
	F64.8	Other Gender Identity Disorders
	F64.9	Gender Identity Disorder, Unspecified
<b>ADHD</b>	F90.0	Attention-Deficit Hyperactivity Disorder, Predominantly Inattentive Type
	F90.1	Attention-Deficit Hyperactivity Disorder, Predominantly Hyperactive Type
	F90.2	Attention-Deficit Hyperactivity Disorder, Combined Type
	F90.9	Attention-Deficit Hyperactivity Disorder, Unspecified Type
<b>Conduct Disorders</b>	F91.3	Oppositional Defiant Disorder
	F91.8	Other Conduct Disorders
	F91.9	Conduct Disorder, Unspecified
<b>Depression</b>	F32.0	Major Depressive Disorder, Single Episode, Mild
	F32.1	Major Depressive Disorder, Single Episode, Moderate
	F32.2	Major Depressive Disorder, Single Episode, Severe Without Psychotic Features
	F32.9	Major Depressive Disorder, Single Episode, Unspecified
	F33.1	Major Depressive Disorder, Recurrent, Moderate
	F33.2	Major Depressive Disorder, Recurrent, Severe Without Psychotic Features

For encounters with ICD-10 codes for anxiety, PTSD, depression, gender dysphoria, ADHD, and conduct disorders among patients younger than 18 years of age:

VISIT TYPE	CPT CODE	SERVICE TYPE	SPECIALTY	DESCRIPTION
<b>Initial screening/assessment/referral: Up to 2 visits per year with zero cost sharing</b>				
New	99202, 99203, 99204, 99205, 99244, 99245	Primary Care	Internal Medicine/Infectious Disease/Family Medicine/Gynecology/Endocrinology	New medical visit
New	90791, 90792, 96127, 90832, 90834, 90837, 90847, 99214	Mental Health	Behavioral Health/Psychiatry	New patient, screening/assessment
<b>Evaluation and monitoring: Up to 4 visits per year with zero cost sharing</b>				
Follow-up	90832, 90834, 90837, 90833, 90836, 90838, 99211, 99212, 99213, 99214, 99215, 99354, 99355	Mental Health	Behavioral Health/Psychiatry	Evaluation and management
Follow-up	90471, 90656, 90686, 99202, 99203, 99204, 99205, 99211, 99212, 99213, 99214, 99215, 11981, 99484, 99442, 99443	Primary Care	Internal Medicine/Infectious Disease/Family Medicine/Gynecology/Endocrinology	Evaluation and management
New or Follow-up	90839, 90840	Mental Health	Behavioral Health/Psychiatry	Psychotherapy crisis
<b>Follow-up: Up to 20 visits per year with zero cost sharing</b>				
Follow-up	90791, 90834, 90835, 90837, 90846, 90847, 90853, 99213, 99492, 99493, 99494, 90832, 90834, 90836, 90837, 99214, 90792, 99215	Mental Health	Behavioral Health/Psychiatry	Individual therapy
Follow-up	90846, 90847, 90853	Mental Health	Behavioral Health/Psychiatry	Family/Group therapy

**Related services for gender dysphoria only:**

RELATED SERVICES TO BE COVERED WITH ZERO COST SHARING		CPT CODE	FREQUENCY (PER YEAR)
<b>Laboratory Tests</b>	Testosterone (free and total)	84402, 84403	Quarterly
	Estradiol	82670, 30289	Quarterly
	Hemoglobin and hematocrit (or complete blood count)	85014, 85018, 85025	Semi-annual
	Comprehensive metabolic panel	80053	Semi-annual
	25 OH-D Vitamin D	82306	Annual
	Lipid panel	80061	Annual
	Luteinizing hormone and follicle-stimulating hormone	83001, 83002	Annual
	Prolactin	84146	Annual
<b>Imaging</b>	DEXA scan	77080	Annual
	Bone age x-ray	77072	Annual
<b>Procedures</b>	Hormone therapy injection	96372	PRN

**Medications for the treatment of anxiety, PTSD, depression, gender dysphoria, ADHD, and conduct disorders among patients younger than 18 years of age:**

MEDICATION CLASS/GROUP	SPECIFIC MEDICATIONS TO BE COVERED WITH ZERO COST SHARING
SSRIs	All
SNRIs	All
Atypical antidepressants	All (e.g., SARIs, mirtazapine, trazodone)
Anti-histamines	Hydroxyzine HCl
Anti-hypertensives	Prazosin
Anxiolytics	All (e.g., benzodiazepines)
Atypical anxiolytics	All (e.g., buspirone)
Alpha agonists	Clonidine, Guanfacine, Guanfacine ER
Beta blockers	Propranolol, Metoprolol
Anti-convulsants	Gabapentin, Divalproex, Lamotrigine, Carbamazepine, Oxcarbazepine
Anti-manic agents	All (e.g., lithium)
Stimulants	All (e.g., amphetamine, methylphenidate)
Anti-psychotics	Quetiapine, Aripiprazole, Brexpiprazole, Lurasidone
GnRH analogs	All (e.g., Lupron, Triptorelin, Histrelin)
Sex hormones	All (e.g., oral/transdermal/injectable estradiol, injectable/transdermal testosterone, progesterone)
Nonsteroidal anti-androgens	All (e.g., bicalutamide, spironolactone)
5-alpha reductase inhibitors	All (e.g., finasteride, dutasteride)

**Typical Indications**

*Note: these typical indications are not exhaustive; for instance, many anti-depressants are used for the treatment of other mental health conditions as well*

- Depression
- Anxiety, PTSD
- ADHD
- Gender dysphoria